

Introduction

The purpose of this book is to help you shop for the perfect relationship. You will know, beyond the shadow of a doubt, what you are buying.

What is the perfect relationship? One in which both parties' needs are met. How do you know what your needs are? By asking yourself the right questions about habits, preferences and lifestyles. For example, do you like to get up early or sleep in? Are you an athlete or a couch potato? Do you prefer a nice juicy steak and a bottle of wine, or a tofu burger and carrot juice?

Look at those things in your life that bring you satisfaction. Ask yourself, "How do I feel when I _____ (ride my bike, get up at sunrise, interact with children, stay home by myself, etc.);" It's important that you know *yourself* before you start shopping for a relationship.

How can you hope to find someone to fill your needs if you don't know what those needs are?

Once you have determined what *your* needs are, you can shop for someone who can meet them. How do you know whether or not they'll be able to

satisfy your needs? By asking the *right* questions. The right questions are those which will determine compatibility. Is your prospect an introvert or extravert? Does he like outdoor activities or quiet time indoors? How does she handle conflict?

Dating is really shopping for a relationship. We use similar strategies like bargain shopping, where we enjoy the process and spend more time and energy looking for the best buy; or paying retail, where we cut the process short and go for what looks best regardless of price.

No matter what your shopping strategy, all relationships are fit to be tried. Give the process a chance. Go into this shopping expedition with an open mind.